



STUDENT-ATHLETE HANDBOOK

Updated 2016-17



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Dear Centenary Student-Athlete:

Welcome to the beginning of a new season of competition! Student-athletes at Centenary have established a tradition of success in the classroom as well as in athletic competition.

TRADITION NEVER GRADUATES!

On behalf of the administration, faculty, and staff, welcome to the Centenary College family. We are very excited that you have chosen to attend one of the country's finest liberal arts institutions of higher education to obtain your degree, participate in intercollegiate athletics, and prepare to transform the world.

In our opinion, the most meaningful education one can receive in college is through intercollegiate athletic participation. We pledge to do everything we can to make your student-athlete experience one of the highest quality—and one that will make you a proud Centenary alumnus once your competitive days are behind you!

We have prepared this handbook to serve as a resource for you. Enclosed you will find important information and policies related to the NCAA, SCAC, and Centenary College that can influence your academic and athletic career. **We want to stress that this is only a guide.** If you have questions about any NCAA, SCAC, or institutional policies, please feel free to ask your coach or any of the athletics administrators.

Our expectation is that you will represent Centenary with class and good sportsmanship in your athletic pursuits, as well as with great effort and performance in your academic career. As a student-athlete, you will naturally have some attention that non-athletes may not have, and your actions will be seen as representative of all student-athletes at Centenary. We ask that you abide by the rules and regulations that govern the behavior of all Centenary students, and represent the athletic program with pride and good citizenship.

If you are new to Centenary, welcome! If you are returning, welcome back! We are looking forward to this school year and the success during the upcoming seasons. If anyone in the department can help you in any way, please let us know!

Go Ladies! Go Gents!

Dr. Robert Bunnell

Director of Athletics and Wellness

MISSION / PURPOSE STATEMENT OF CENTENARY COLLEGE

Centenary College of Louisiana is a selective liberal arts college offering undergraduate programs and limited number of graduate programs in the arts, humanities, natural sciences, and social sciences, which strengthen the foundation for students' personal lives and career goals. Students and faculty work together to build a community focused on ethical and intellectual development, respect and concern for human and spiritual values, and the joy of creativity and discovery.

Consistent with its affiliation with the United Methodist Church, the College encourages a lifelong dedication not only to learning but also to serving others. It strives to overcome ignorance and intolerance; to examine ideas critically; to provide an understanding of the forces that have influenced the past, drive the present, and shape the future; and to cultivate integrity, intellectual and moral courage, responsibility, fairness, and compassion.

In pursuit of these ideals, the College challenges its students throughout their education to write and speak clearly; to read, listen, and think critically; to comprehend, interpret, and synthesize ideas; to analyze information qualitatively and quantitatively; to appreciate the diversity of human cultures; to respect the value of artistic expression; and to recognize the importance of a healthy mind and body and the interdependence of people and the environment.

Academic and co-curricular programs, as well as the example of those who teach and work at Centenary, support students in their development and encourage them to become leaders in the work place, the community, the nation, and the world at large.

CENTENARY COLLEGE PURPOSE STATEMENT

The Centenary College Department of Intercollegiate Athletics supports the academic mission and re-enforces the Centenary Purpose Statement as a selective liberal arts institution. While seeking excellence in the athletic arena, the department is an active participant in the mission of the college and its goals to “strengthen the foundation of students' personal lives and career goals while working to build a community focused on ethical and intellectual development, respect and concern for human and spiritual values, and the joy of creativity and discovery”.

Each student-athlete is encouraged and supported in their efforts to find their potential through comprehensive educational and challenging athletic experiences. The athletic department recognizes that student-athletes are students first; focused on intellectual stimulation, scholarly pursuits, and academic courses which lead to the completion of a Centenary degree. The athletic experience at Centenary is one that enhances the College's mission and the student-athlete's pursuit of lifelong learning, the development of leadership skills., and to serve and respect others.

The Centenary Athletic Department is housed with the college Student Development Division. Focused on every student, the Division is charged with overseeing leadership development, co-curricular as well as extra-curricular programs. This collaborative approach leads to the healthy integration of athletics within the campus community.

The athletic department provides a quality program aimed at competing at the highest level while being compliant with all amateur, NCAA Division III, and the Southern Collegiate Athletic Conference rules and regulations. The athletic department offers an inclusive and safe environment that insures equal treatment and opportunities to all student-athletes. It strives to foster a positive environment for participants and opponents with the expectation of good sportsmanship, fair play, and respect for others.

Possessing a will to win, a competitive spirit, and the goals of athletic and academic success the athletic department embraces and supports students in their pursuit of excellence at Centenary College.

DIVISION III PHILOSOPHY STATEMENT

Colleges and universities in Division III place highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. They seek to establish and maintain an environment in which a student-athlete's athletics activities are conducted as an integral part of the student-athlete's educational experience, and in which coaches play a significant role as educators. They also seek to establish and maintain an environment that values cultural diversity and gender equity among their student-athletes and athletics staff.

(Revised: 1/10/95, 1/9/06 effective 8/1/06)

To achieve this end, Division III institutions:

- Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels;
- Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (e.g., students, alumni, institutional personnel) than on the general public and its entertainment needs;
- Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;
- Primarily focus on intercollegiate athletics as a four-year, undergraduate experience
- Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;
- Encourage participation by maximizing the number and variety of sport offerings for their students through a broad-based athletics programs;
- Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;
- Assure that athletics participants are not treated differently from other members of the student body;
- Assure that student-athletes are supported in their efforts to meaningfully participate in nonathletic pursuits to enhance their overall educational experience;
- Assure that athletics programs support the institution's educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution's athletics

program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;

- Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process;
- Exercise institutional and/or conference autonomy in the establishment of initial and continuing eligibility standards for student-athletes;
- Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;
- Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;
- Provide equitable athletics opportunities for males and females and give equal emphasis to men's and women's sports;
- Support ethnic and gender diversity for all constituents;
- Give primary emphasis to regional in-season competition and conference championships;
- Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

Taken from 2014-2015 NCAA Division III Manual

DIRECTORY

College Administration (unless otherwise listed, 318-869-XXXX)

Dr. Christopher L. Holoman	President	Hamilton Hall	-5101
Dr. Jenifer Ward	Provost	Hamilton Hall	-5104
Mr. Robert Blue	VP-Finance & Admin.	Hamilton Hall	-5127
Mr. Mark Miller	Dean of Students	SUB	-5157

Athletics Staff (unless otherwise listed, 318-869-XXXX)

Athletics Administration

Robert Bunnell	Dir of Athletics/Wellness	Gold Dome	-5087
Dr. David Hoas	Faculty Athletics Representative	Jackson Hall	-5148
Theresa Rinaudo	Administrative Asst.	Gold Dome	-5067
Jackie Fain	Senior Woman Administrator	Fitness Center	-5770

Compliance

Robert Bunnell	Compliance Coordinator	Gold Dome	-5087
Adam Walsh	Compliance Coordinator	Gold Dome	-5091

Sports Information

Matthew Lofton	Sports Information Coordinator	Gold Dome	-5092
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Sports Medicine

Stephanie Culbertson	Head Athletic Trainer	Gold Dome	-5093
TBA	Asst. Athletic Trainer	Gold Dome	-5093

Baseball

Mike Diaz	Head Coach	McCarthy FH	-5095
Pat Jolley	Assistant Coach	McCarthy FH	-5096
Jason Stephens/			

Men's Basketball

Adam Walsh	Head Coach	Gold Dome	-5091
David Kaplan/Kinny Fain/Sean Dempsey	Assistant Coaches	Gold Dome	-5090

Women's Basketball

TBA	Head Coach	Gold Dome	841-7312
TBA	Assistant Coach	Gold Dome	841-7312

Women's Triathlon

Kyle Joplin	Head Coach	Fitness Center	-5277
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Men's and Women's Golf

Emlyn Aubrey	Head Coach	Gold Dome	-5098
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Gymnastics

Jackie Fain	Head Coach	Fitness Center	-5770
Morgan Leachman	Graduate Assistant	Fitness Center	-5770
Sylvia Keiter	Graduate Assistant	Fitness Center	-5770

Men's Soccer

Kyle Symczak	Interim Head Coach	Gold Dome	841-7337
Patrick Fox	Graduate Assistant	Gold Dome	841-7337

Women's Soccer

David Orr	Head Coach	Gold Dome	-5700
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Men's and Women's Tennis

Jefferey Herr	Head Coach	Tennis Complex	-5285
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Softball

Mark Suire	Head Coach	Gold Dome	-5094
Whitney Patterson	Assistant Coach	Gold Dome	-5094

Men's and Women's Swimming

Butch Jordan	Head Coach	Fitness Center	
347-8695			
Kyle Joplin	Assistant Coach	Fitness Center	-5277

Volleyball

Caley Carter	Head Coach	Gold Dome	-5717
BT Knudsen	Assistant Coach	Gold Dome	-5717

ELIGIBILITY REQUIREMENTS / ACADEMIC RESPONSIBILITY

Academic Success

A student-athlete's primary objective while in college is to earn an academic degree. While the athletic staff and other entities on campus are available for support, academic success is ultimately the responsibility of the student-athlete. All student-athletes are expected to

1. set the primary goal of obtaining an education,
2. attend and be prepared for ALL classes,
YOU MAY NOT MISS CLASS TO ATTEND PRACTICE*
3. pre-register for classes during the appropriate designated period (freshmen, sophomores, juniors, or seniors),
4. maintain full-time enrollment status during Fall(4hrs+min. of 8) & Spring(min of 12+hrs) terms,
5. promptly seek assistance if/when academic difficulties arise,
6. arrange to complete assignments early or make up assignments when class is missed because of athletics competition**,
7. maintain eligibility for competition, AND
8. adhere to Centenary policies related to academic integrity (i.e. *The Honor Code*).

Full-Time Enrollment: 12-Hour Rule

To meet NCAA eligibility (NCAA Bylaw 14.1.8.1), you must be enrolled in a minimum of 12 credit hours (unless you are graduating in the current term, this must be verified) to practice and/or compete. If you drop below 12 hours at any time during the fall or spring semesters you immediately become ineligible for practice, competition, and your financial aid can be cancelled.

DO NOT DROP A CLASS WITHOUT MEETING WITH YOUR HEAD COACH AND/OR THE ATHLETIC DIRECTOR FIRST.

Missed Classes

On occasion, student-athletes may need to be excused from class because of competition at home or because of travel related to away competition. For that reason, it is imperative student-

athletes attend all classes for which they have no athletically related excused absences. If you skip a class without an athletically related reason, you can be suspended from participation in athletics. NCAA Rules prohibit you from missing class because of practice. If you have a class that conflicts with a scheduled practice time, it is your responsibility to attend class, and then get to practice as quickly as possible after that class is concluded and dismissed.

Coaches are expected to do everything they can to set up a schedule that minimizes the amount of missed class time. Because of conference policies or travel schedules, missing a class may be unavoidable at times. In those situations, it is your responsibility to contact your professor as soon as you are aware of the conflict and let him/her know. If at all possible, communicate with your professor at the start of a semester and discuss your upcoming athletic travel schedule. It is your responsibility to communicate with your professor prior to your departure and to complete all required work prior to leaving.

Travel Notification

In order to help facilitate communication, each student-athlete must discuss missed classes, test and labs **prior** to traveling with a team. It is the student-athletes responsibility to determine an alternate plan for making up missed class assignments, labs, and exams.

The NCAA Faculty Athletic Representative (FAR) will be communicating with faculty the intended travel arrangements for each varsity team. Students who fraudulently misrepresent a team travel schedule in order to be excused from class are subject to suspension from participation in athletics for a period of time to be determined by the Director of Athletics/Wellness and the respective head coach. Those students may also run the risk of being turned in to the Honor Court.

Only student-athletes who are eligible for intercollegiate competition are allowed to travel on athletic road trips. Student-athletes who are not eligible may not travel with his/her team as a "manager", "filmer", or in any other capacity. The SCAC and NCAA further mandates certain travel limitations that must be observed by the respective sport.

Continuing Eligibility

In order to maintain eligibility for intercollegiate competition, student-athletes must meet the Centenary requirements for eligibility for extra-curricular activities. These requirements may be summarized as follows:

Centenary has GPA requirements that must be met in order to be eligible. The requirements are as follows:

1. New full-time, first-time, first-year students must attain a gpa of 1.5 their first semester at Centenary College.
2. All other students, including those transfers who are in their first semester at Centenary, must maintain a 2.0 'current or cumulative' gpa every semester they are enrolled at Centenary.
3. Students are placed on **academic probation** if they fail to meet the above requirements. Students on probation must complete an action plan developed by the Director of Academic Resource Center for Students. Each student's action plan will lay out specific steps that the student will take to improve his/her academic performance and return to good standing.

4. When placed on a **second or subsequent probation**, students are prohibited from representing the College in any extracurricular activities...including...intercollegiate athletics.

Students must file their degree plans, approved by their advisors and endorsed by the Registrar, in the Office of the Registrar **before the end of their junior year**. The Athletic Department **recommends that our SAs do this by the end of their sophomore or second year.**

Professional Agents

The Athletics Department will create a panel consisting of key personnel to counsel and advise student-athletes interested in professional careers. If you have interest or concerns about professional career interests while at Centenary, you should request a meeting with the special panel before taking any action toward professionalism. Any contact by a professional agent or representative should be reported to your coach immediately. Make no obligations, verbal or written, to anyone. Any dealing with agents can jeopardize your eligibility. (example: free tickets, meals, or other unspecified benefits).

This policy is not meant to prohibit you from meeting with bona-fide attorneys and financial planners to discuss personal issues as long as they are not registered sports agents.

Outside Competition

A Student-athlete may not participate in his/her sport on a team other than his/her Centenary team during the declared playing season. If you have any questions about when your playing season begins and ends or during what times of the year it is permissible to participate in outside competition, contact your Head Coach and the Compliance Coordinator (Coach Adam Walsh).

Impermissible Benefits

“Extra” benefits are benefits provided to you, your family, or your friends because of your status as a student-athlete. Examples of extra benefits are special arrangements by an institutional employee or booster to provide you, your relatives, or your friends with benefits that are not available to the institution’s student body in general (e.g., free clothing, free transportation, discounts, automobiles, automobile financing or cosigning on an automobile title, loans, airline tickets). **If you receive an extra benefit you are immediately ineligible.** If you are not sure if something is an extra benefit, please contact the AD or Compliance Coordinator .

Employment

As a student-athlete, any compensation you receive must be

1. For work actually performed, and
2. Consistent with the going rate in that locality for similar services.

Promotional Activities

You may not accept money or permit the use of your name or picture to advertise, recommend, or promote the sale or use of a commercial product or service of any kind. NCAA rules do permit personal appearances for charitable and educational organizations. However, certain conditions still apply. If you are asked to participate in any fund-raisers or promotional activities, you should contact the Director of Athletics for approval and the Sports Information Coordinator.

Regulations

Per NCAA regulations any student-athlete wishing to transfer into an institution must receive written permission in order to speak to another institution. Centenary College understands that there are times when a student wishes to pursue competitive opportunities elsewhere. In order to speak to another institution you must receive a written release from the Director of Athletics and Wellness. If you are seeking to transfer to another NCAA Division III institution you may complete the 30-day self-release which can be located on the NCAA.org website at <http://www.ncaa.org/compliance?division=d3>

STUDENT-ATHLETE CONDUCT

Membership on a Centenary athletics team is a privilege and must be earned by the promise of and continuing dedication to sportsmanship and integrity. Intercollegiate Athletics at Centenary not only serves as an educational opportunity for student-athletes but also as a focal point to bring the student body, faculty & staff, and community together. Each and every student-athlete is expected to comply with all rules and regulations as well as meet or exceed the personal conduct expectations of Centenary, the conference, and the NCAA. In addition, student-athletes are subject to the rules and regulations specified by the head coach of their respective sports.

Ethical Conduct and the NCAA

In accordance with NCAA principles “All participating student-athletes shall deport themselves with honesty and sportsmanship at all times.” Unethical Conduct (NCAA Bylaw 10.1) by an enrolled student-athlete includes, but is not limited to, the following:

- (a) Refusal to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or the individual’s institution;
- (b) Knowing involvement in arranging for fraudulent academic credit or false transcripts for a prospective or an enrolled student-athlete;
- (c) Knowing involvement in offering or providing a prospective or an enrolled student-athlete an improper inducement or extra benefit or improper financial aid;
- (d) Knowingly furnishing the NCAA or the individual’s institution false or misleading information concerning the individual’s involvement in or knowledge of matters relevant to a possible violation of an NCAA regulation.
- (e) Receipt of benefits by an institutional staff member for facilitating or arranging a meeting between a student-athlete and an agent, financial advisor or a representative of an agent or advisor (e.g. “runner”).

A student-athlete can also violate the “Principle of Ethical Conduct” by participating in any gambling activity as follows:

- (a) Providing information to individuals involved in organized gambling activities concerning intercollegiate athletics;
- (b) Solicit a bet on any intercollegiate team;
- (c) Accept a bet on any team representing the individual’s institution;
- (d) Participate in any gambling activity that involves intercollegiate athletics and/or professional athletics through a bookmaker, a parlay card, or any other method employed by organized gambling.

Sportsmanship

NCAA Principle of Sportsmanship and Ethical Conduct is stated as follows:

For intercollegiate athletics to promote the character development of participants, to enhance the integrity of higher education and to promote civility in society, student-athletes, coaches, and all others associated with these athletics programs and events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletics participation but also in the broad spectrum of activities affecting the athletics program. It is the responsibility of each institution to: (Revised: 1/9/96)

The Centenary Athletic Department deems unsportsmanlike acts shall include, but are not limited to the following:

- Physical abuse of an official, opposing coach, player, or spectator;
- Yelling or shouting offensive, sexist, racist, or personal comments to opposing players, coaches or officials;
- Singling out anyone by name, number, or playing position;
- Intentional incitement of others to commit violent or abusive actions;
- Use of obscene gestures, profane language, or unduly provocative language towards officials, opponents, or spectators;
- Negative recruiting;
- Public statements that are unduly critical of any game official, conference official, or representative of another conference institution.

Centenary will address episodes of unsportsmanlike conduct independently and may issue sanctions in lieu of or in addition to those issued by the SCAC or NCAA.

SCAC Code of Ethics

The Southern Collegiate Athletic Conference and the NCAA promote good sportsmanship by student-athletes, coaches and spectators. Profanity, racial or sexist comments or other intimidating actions directed at officials, student-athletes, coaches or team representatives – including singling out anyone by name, number or position – are grounds for removal from the site of competition and other disciplinary action. Public intoxication as well as the consumption or possession of alcoholic beverages and/or tobacco products is strictly prohibited. Persons throwing objects or participating in other acts in conflict with good sportsmanship and fair play are subject to ejection.

Section 1 – Abusive, profane, or insulting language directed at any player, coach, official, any staff member at a conference institution, or the commissioner, is completely unacceptable by anyone associated with the conference and its member schools. Such misconduct could result in disciplinary action by the individual's institution and/or the commissioner.

Section 2 – It is completely unacceptable for anyone to directly comment in a derogatory manner to a media member on a player, coach, official, any staff member of a conference institution, or the commissioner. Such misconduct could result in disciplinary action by the individual's institution and/or the commissioner.

Section 3 – Neither a coach nor his/her representative may enter the officials' dressing room facilities. The officials' dressing room must remain private. A capable security guard must be responsible for maintaining the privacy and safety of officials while they are on campus.

Section 4 – A report of any ejections from athletics events involving conference teams must be reported to the conference office within 48 hours after the contest by the host institution. If the contest is a non-conference event, the member institution is responsible for notifying the conference office of any ejections within 48 hours. An ejection could result in disciplinary action by the individual's institution and/or the commissioner.

Personal Behavior

Student-athletes shall exhibit themselves with honesty and integrity at all times. Their behavior shall at all times reflect the high standards of honor and dignity that characterize athletic participation at Centenary. Certain actions will reflect poorly on you, your family, the team, and Centenary. Actions which will not be tolerated include, but are not limited to, the following:

1. Belligerent language or behavior toward any university official, specifically instructors
2. Unsportsmanlike behavior as outlined above
3. Sexual harassment
4. Violence, actual or threatened
5. Illegal possession, use, manufacture, sale, or distribution of alcohol or other drugs
6. Arrests for MIP (minor in possession), DUI (driving under the influence), DWI (driving while intoxicated), PI (public intoxication), or contributing to a minor.
7. Per NCAA Bylaw 10.3, student-athletes "shall not knowingly:
 - a) provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
 - b) solicit a bet on any intercollegiate team;
 - c) accept a bet on any team representing the institution;
 - d) solicit or accept a bet on any intercollegiate competition for any item that has a tangible value, or
 - e) participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card and for student-athletes, professional or any other method employed by organized gambling."
8. Additional prohibited behaviors include, but are not limited to the following:
 - a) Refusal to comply with any lawful order of a clearly identifiable university official acting in the performance of his/her duties;
 - b) The forgery, fraudulent altering, willful falsification, or otherwise misuse of university or non-university records;
 - c) Furnishing false information to the university with the intent to deceive;
 - d) Bribery or the attempt to bribe a university official;
 - e) Misappropriation of university funds;
 - f) Theft or knowingly possessing stolen property;
 - g) The violation of university computer policies;
 - h) Committing a lewd act in public.

SOCIAL MEDIA POLICY

The Centenary College of Louisiana Department of Athletics understands the popularity and usefulness of social media networking sites such as Snapchat, Instagram, Twitter, and others and supports their use by student-athletes provided that:

- No offensive or inappropriate pictures are posted/sent;
- No offensive or inappropriate comments are posted/sent;
- Any information placed online does not violate Centenary athletics department or student-athlete codes of conduct;
- Photos and/or comments posted on these sites do not depict team-related or Centenary-identifiable activities (including wearing/using team uniforms or gear inappropriately).

Student-athletes must remember that they are representatives of Centenary and are in the public eye more so than other students. Please keep the following in mind as you participate on social networking websites:

- Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online - even if you limit access to your site.
- You should not post any information, photos or other items online that could embarrass you, your family, your team, the athletics department or Centenary College. This includes information that may be posted by others on your page.
- Never post your home address, local address phone number(s), birth date or other personal information. You could be a target of predators.
- Coaches and athletic department administrators may monitor these sites.
- Student-athletes could face discipline and even dismissal for violations of team, department, Centenary and/or NCAA policies.

Centenary Campus Police and other local law enforcement agencies may monitor these websites regularly as may potential employers and internship supervisors as a way of screening applicants. In addition, many graduate programs and scholarship committees also search these sites to screen candidates.

Centenary student-athletes should be very careful when using online social networking sites and keep in mind that sanctions may be imposed if these sites are used improperly or depict inappropriate, embarrassing or dangerous behaviors. You are not to have a site that is inaccessible or unknown to your head coach and other athletic department personnel. Websites must be given to your head coach in advance.

CENTENARY COLLEGE HONOR CODE

It is the expectation of the Centenary community that all students uphold the highest standards of honesty and integrity. To reinforce this expectation, all students are required to write the following statement on each and every graded assignment.

"I have neither given nor received unauthorized aid on this examination (paper), nor have I seen anyone else do so, except as I shall report immediately to the Honor Court."

Alleged violations of the Honor Code are heard and tried by the Honor Court, a peer governance organization charged with this responsibility.

The Athletics Department recognizes academic dishonesty as a legitimate threat to both higher education and our society. A student-athlete found to be in violation of the Honor Code may face additional sanctions that are athletics-specific and more severe than those imposed upon the general student body.

HAZING

Centenary College of Louisiana has a zero tolerance policy on hazing and the consequences can be as severe as expulsion. Participation in hazing activities may lead to individual disciplinary action, team disciplinary action, and/or termination of the team or student organization.

Centenary defines hazing as any action or activity that recklessly endangers the physical or mental health of a person, or that violates the dignity of another person. Hazing is further defined as any activity that is expected of someone to join a group or team that humiliates, degrades, abuses, or endangers them, regardless of intention or willingness to participate. Initiation activities and initiation parties fall into this category. Centenary's enforcement of hazing will prevail regardless of whether it is conducted on or off Centenary's campus.

Hazing activities may include, but are by no means limited to; morally degrading or humiliating games and activities; and any other activities which are not consistent with state and local law (including the legal drinking age of 21, or the regulations and policies of Centenary College of Louisiana). Violation of state and local laws that involves hazing can carry possible punishments that include fines and jail time.

Hazing shall be identified in two categories: physical and psychological.

Physical hazing includes, but is not limited to:

- Paddling;
- Kidnapping;
- All forms of physical activity that are used to harass or are not part of an organized athletic contest and not specifically directed toward constructive work;
- Road trips (involuntary excursions);
- Burying in any substance;
- Requiring or compelling activities creating unnecessary work, duties, detention or any duties that impair or do not allow adequate time for study;
- Requiring or compelling the forced consumption of any liquid (including alcohol) or solid substance;
- Burning, branding or tattooing any part of the body or any other activity, whether voluntary or involuntary, that may cause physical injury or endanger the life of the individual being hazed;
- Binding or restricting any person's arms or legs in any fashion that would prohibit them from moving on their own;

- Requiring or suggesting prospective members or members to obtain articles that would be illegal to obtain or possess (items for a scavenger hunt).

Psychological hazing includes, but is not limited to:

- Any act that is likely to: (a) compromise the dignity of a member or prospective member, (b) cause embarrassment or shame to a member or a prospective member, (c) cause a member or prospective member to be the object of malicious amusement or ridicule, or (d) to cause psychological harm or substantial emotional strain.
- Restriction in any room or compartment;
- Nudity at any time;
- Requiring or compelling exposure to uncomfortable elements;
- Verbal harassment;
- Requiring or compelling the wearing, in public, of apparel that is not in good taste;
- Depriving students of sufficient sleep (six consecutive hours per day is normally considered to be a minimum);
- Misleading prospective members in an effort to convince them that they will not become members; that they will be hurt during induction/initiation, or any other activity that would cause extreme mental stress;
- Carrying any item (shields, paddles, bricks, hammers, etc.) that serve no constructive purpose or that are designed to punish or embarrass the carrier;
- Blindfolding and parading individuals in public areas; blindfolding and transporting in a motor vehicle or privately conducting blindfolding activities that serve no constructive purpose.

GAMBLING

Gambling is one of the most serious NCAA violations and results in significant loss of eligibility. You may not bet, solicit bets, or participate in a wager or any form on an intercollegiate or professional contest. It does not matter if it is not your sport. You may not put money in a pool (e.g., you put \$5 in a Final Four pool and list whom you think will advance in each round). Any form of betting, no matter how small the wager, will jeopardize your eligibility and is strictly prohibited. Athletes should report to their head coach any offer to gamble on the outcome of any athletics competition whether directly or indirectly. Athletes should also report any contact seeing information or attempting to “set up a fix” on any athletics contests. If you have any questions, please contact the Centenary compliance staff.

Per NCAA Bylaw 10.3, student-athletes “shall not knowingly:

- a) provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- b) solicit a bet on any intercollegiate team;
- c) accept a bet on any team representing the institution;
- d) solicit or accept a bet on any intercollegiate competition for any item that has a tangible value, or
- e) participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card and for student-athletes, professional or any other method employed by organized gambling.”

DRUG, ALCOHOL, AND TOBACCO POLICIES

The use of illegal drugs, alcohol, and tobacco by all game and practice personnel (student-athletes, coaches, and other staff) is prohibited. The prohibition applies in locker (dressing rooms), practice sessions, playing fields and arenas BOTH HOME AND AWAY. Any violation of this policy shall result in disqualification from the contest.

Student-athletes who through notification from the Dean of Students Office, Centenary Police, or law enforcement are reported to be in violation of drug and alcohol laws will be dealt with severely. Those who are arrested and or ticketed for drug and/or alcohol related matters will be suspended from play immediately until such time that the matter is addressed appropriately amongst school and law officials. Athletes who are arrested or suspected of using illegal or performance enhancing drugs or alcohol may be required to undergo mandatory drug testing and/or counseling at their own expense, to verify that they are not abusing illegal substances. Individual sport coaches in consultation with the Director of Athletics may impose further sanctions against a student-athlete that may result in loss playing time, suspension, or dismissal from the program.

Please see the Sports Medicine section for a list of banned drugs and supplements.

SUPPORT SERVICES

The Student Resource Center (SRC)

SRC provides free peer-tutoring service in a wide variety of subjects (including writing) for all Centenary students. If there is a need for assistance in a specific skill area or course for which tutoring is not offered, students should contact the SRC Coordinator to request the addition of the specific skill area or course to the scheduled tutorial offerings (this may or may not be possible). SRC tutoring occurs in Magale Library on a drop-in basis (no reservation required) and the schedule can be found at www.centenary.edu/src/tutoring. All student tutors are qualified by their professors as having both the knowledge and disposition to be successful peer tutors. The SRC website also contains links to resources on writing and other study skills (www.centenary.edu/src/resources). In addition, the SRC Coordinator works with any Centenary student interested in improving their classroom performance on a one-on-one basis. Please email Ed Ragan at eragan@centenary.edu to set up meetings or ask for more information.

Chaplain of the College

The Chaplain of the College serves as pastor to the Centenary community and liaison to the different denominational campus ministries. The Chaplain is available for short term spiritual counseling. There are opportunities available for worship, Bible Study, and individual spiritual direction offered through various campus ministries and the Chaplain's office. A general listing of worship opportunities throughout the area is available in the Chaplain's office. The [Religious Life website](#) offers information or you may call the Chaplain's office at 869.5157.

Counseling Services

The mission of the [Counseling Center](#) is to provide students with brief, solution focused counseling that enables them to cope with personal problems that may impede their success as college students. Referrals to community resources can also be made. Counseling is provided

free of charge to all currently enrolled Centenary students. Confidentiality is strictly maintained. The Center is located on the ground floor of Rotary Residence Hall, phone number 869.5466.

Disability Services

Centenary assures students with disabilities equal opportunity to reach the same level of achievement as other students in the most integrated setting appropriate to the individual's needs. No qualified student shall be excluded from participation in, be denied benefits of, or otherwise be subjected to discrimination under any program or activity. Services for students with disabilities are available by contacting the Counseling Center at 869.5466, which is located on the ground floor of Rotary Residence Hall. Students are required to register with this office each semester to obtain accommodations.

<http://www.centenary.edu/student-services/counseling>

<http://www.centenary.edu/student-services/ds>

Study Hall

Study hall policies are set by the head coach of your sport. The coach has the authority to set rules and regulations on who must attend study hall, when and where the study hall will be held, and what services (if any) will be offered during the study hall period. It is *strongly recommended* that you contact your head coach immediately if you feel you need some type of tutoring assistance.

Academic Advising

Each student at Centenary College is provided a faculty academic advisor who has access to the most up-to-date information on major areas of study and graduation. The faculty advisor ensures that all requirements are being met in order to continue satisfactory progress toward a degree.

Career Counseling

Free career counseling is available to all students at Centenary College. Your head coach or any athletics administrator can help you locate the appropriate offices on campus where these services may be obtained.

Financial Aid

All financial aid is awarded by the Financial Aid Office. Coaches and athletics administrators do not participate in the packaging and/or awarding of financial aid. For any questions concerning your financial aid package, please contact the Financial Aid Office.

Weight Room

The Athletic Department houses a student-athlete weight room. The weight room is located in the upper balcony of the Gold Dome. Student-athletes may use this weight room facility **only** under supervision of a coach or approved monitor.

The Fitness Center on campus is available for individual workouts with a more broader time schedule.

Sports Information

Centenary employs a full-time Sports Information Coordinator (SIC). The SIC assists the media in the coverage of Centenary Athletics, manages the production and distribution of game statistics, produces all athletic publications and news releases, and maintains the official athletics website.

It is critical that all student-athletes complete media-related questionnaires. Student-athletes should not agree to speak to any member of the media until it is cleared through the SIC. If an interview is granted to a member of the media, the student-athlete(s) will be informed by the SIC of the date, time, and place that he or she should report to conduct the interview.

SPORTS MEDICINE

Intercollegiate Athlete Medical Eligibility

1. All incoming student-athletes are required to pass an initial medical history and physical examination. In subsequent years, returning student-athletes will complete a returning student-athlete questionnaire to be reviewed for any further evaluation prior to being medically cleared for participation.
2. The physical examination/medical questionnaire is effective for the duration of the academic year. However, any change in the student-athletes' medical condition will require notification to the sports medicine staff.
3. The team physician may re-examine any student-athlete and change the status of participation at any time should the situation warrant.
4. Student-athletes will have two weeks from the date of their physical exam to provide any additional information requested by the team physician. After two weeks, the athlete will become medically ineligible until the information has been provided to the athletic training room and reviewed by the team physician.
5. A complete medical history **must** be provided to the athletic trainer or team physician before the physical examination is accepted. The following conditions must be reported:
 - a. *Chest pain, irregular heartbeat, shortness of breath, dizziness or fainting*
 - b. *Cardiopulmonary problems or family history of cardiac death*
 - c. *Allergies, asthma, diabetes, epilepsy, or congenital or chronic conditions that require ongoing treatment*
 - d. *Current medications*
 - e. *Head injuries or frequent headaches*
 - f. *Musculoskeletal injuries (sprain, strain, fractures, or dislocations)*
 - g. *Injuries to the head, neck, back, upper extremity, lower extremity, and internal organs*
 - h. *Any serious illnesses, previous surgeries or hospitalization*
 - i. *Unexplained weight loss or gain, abdominal pain, chronic diarrhea, wounds that do not heal, or excessive urination*
 - j. *Loss of paired organ*
 - k. *Visual changes or injury to an eye*
 - l. *Heat related problems*

- m. Mental/nervous disorders and/or eating disorders*
- n. Pregnancy or missed menstrual cycles*
- o. Professional care or counseling for a substance abuse problem*

6. Student-athletes with special conditions may be referred to specialist for examination and recommendations. Centenary College of Louisiana **will not** be held financially responsible for any test (x-ray included) or referral to specialist to conclude a student-athletes' physical examination. **Any tests, referrals, or subsequent cost including medications related to pre-existing conditions are the financial responsibility of the student-athlete and his/her parent(s) and/or guardian(s).**
7. Loss of one of the paired organs (e.g., kidney, eye) or any other condition that is determined by the team physician to be detrimental to the student-athlete's health and well-being may disqualify participation in intercollegiate athletics.

Medical Treatment

1. The student-athlete must report all injuries or illnesses occurring as a result of practice or competition to an athletic trainer within **five** days from the occurrence. Centenary College will not be responsible for payment charges resulting from injuries/illnesses that are not timely reported according to the medical treatment policy.
2. The athletic trainer will screen signs and symptoms and provide care and/or refer the student-athlete to the appropriate Team Physician or medical facility as deemed necessary.
3. Centenary College will not accept responsibility for any treatment/care unless the service is arranged by the sports medicine staff.
4. If a student-athlete desires to seek a second opinion or care from a non-authorized provider, Centenary College will not assume any financial responsibility. A non-authorized provider is any physician or physician staff that is not approved by the sports medicine staff prior to appointments.
5. Only athletic-related injuries to sound, natural teeth or permanent bridges will be repaired. If an athlete is required to wear a mouth guard for sport participation and is injured while not wearing a mouth guard, all costs will be the responsibility of the student-athlete.
6. Treatment and rehabilitation will be given under the direction of the Team Physician, under the supervision of an athletic trainer at the Gold Dome, or under a prescribed Physical Therapist at Willis Knighton Orthopedic and Sports Medicine facility.
7. In case of an emergency or medical problem outside of the athletic training room hours, contact an athletic trainer. Contacting your coach for help in reaching an athletic trainer or obtaining proper assistance may be advisable. If unable to contact the athletic trainer or head coach, go to the hospital for a true medical emergency.

Athletic Training Room Rules

1. Athletic Training room hours will be posted on a seasonal basis. Treatments are available to all intercollegiate student-athletes; however, temporary conditions may require in-season student-athletes to have priority.
2. All student-athletes are required to shower after practice, prior to receiving treatments.
3. All equipment and supplies must remain in the athletic training room unless expressed consent is given by the athletic training staff.
4. Injured student-athletes are expected to arrive on time for their designated appointment times. Appointment times will be made at a time that is suitable for both the athletic trainer and the student-athlete. If the student-athlete is more than 15 minutes late, their appointment time will be rescheduled. If the appointment is missed, the injured student-athlete will not be allowed to participate in that day's practice.
5. Records of treatment attendance are open to all coaches for viewing.
6. Equipment, bags, and shoes are not to be brought into the athletic training room.
7. No phone calls are to be made in the athletic training room.
8. No tobacco products are allowed in the athletic training room.

Concussion Management Plan

What is a concussion?

A concussion is a brain injury that is caused by a blow to the head or body. It may occur from contact with another player, hitting a hard surface such as the ground, floor, being hit by a piece of equipment such as a bat or a ball, or a motor vehicle accident. A concussion can change the way your brain normally works. It can range from mild to severe and present itself differently in each person. **A concussion can happen even if you do not lose consciousness.**

What are symptoms of a concussion?

You can't see a concussion, but you may notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms may include:

Amnesia	Sensitivity to light and noise
Confusion	Nausea (feeling that you might vomit)
Headache	Feeling sluggish, foggy, or groggy
Loss of consciousness	Feeling unusually irritable
Balance problems or dizziness	Difficulty getting to sleep or disrupted sleep
Concentration or memory problems	
Slowed reaction time (Forgetting game plays, facts, meeting time)	

How does the Athletic Training Staff determine if there has been a concussion?

The Athletic Training Staff (ATS) begins each academic school year with a "Baseline Concussion Test" called the Sports Concussion Assessment Tool- 3rd Edition (SCAT3). The SCAT3 is a standardized tool for evaluating injured athletes for concussions and can be used in athletes aged from 13 years and older. Pre-season baseline testing with the SCAT3 can be helpful for interpreting post-injury test scores. This baseline testing includes a background check for chronic headaches and migraines, any type of learning disability, and depression or other psychiatric disorders. The baseline then tests for concussion symptoms on a normal, non-injured day, a cognitive assessment including orientation, immediate memory, and concentration. A balance examination and a coordination examination is also performed for the baseline testing.

Once an athlete is injured with a suspected concussion, the athlete is given a SCAT3 exam and a comparison is taken against the athlete's baseline test. The number of errors on the post-

injury test should be higher of a concussed athlete. This determines if an athlete may have sustained a concussion.

What are the guidelines for returning a concussed athlete back to their sport?

Step one: Injured athlete must report to the ATS every day for a symptom test. The injured athlete must report all "0" on symptom sheet and complete a SCAT3 test within normal limits to move forward to step two.

Step two: Exertional Testing Protocol will be initiated.

1. 10 minutes on stationary bike <70% of maximum heart rate.
2. 10 minutes of continuous jogging <70% of maximum heart rate.
3. Advanced cardiovascular training: sprint activities.
4. Advanced strength training: weight lifting exercises.
5. Sport specific agility drills (no risk of contact).

If the athlete can perform the Exertional Testing Protocol with no increase in symptoms the athlete may move forward to step three.

Step three: Non-contact practice following completion of Exertional Testing Protocol.

If no change or increase in symptoms, move to step four.

Step four: Limited to full contact practice.

If no change or increase in symptoms, final return to play decision made be made by ATS, or a medical professional.

The athletic training room is staffed and supervised by licensed athletic trainers. The training room houses several rehabilitation units, a whirlpool and many rehabilitation aids. The training staff makes every effort to treat and resolve most medical problems on campus without any cost to the student-athlete. Of course, some injuries require more in-depth medical attention. Our training staff works closely with Willis-Knighton Health System physicians to provide this care when necessary.

*****Student-athletes are responsible for reporting their injuries and illnesses to the athletic trainer, including signs and symptoms of concussions immediately.**

Injury Treatment

Treatments will be available to all student-athletes; however, in-season athletes will have priority for treatment. Failure of an injured student-athlete to keep treatment and/or rehabilitation appointments or consistently neglect prevention efforts will be interpreted as his/her unwillingness to cooperate with the training staff. Coaches will be informed of any such unwillingness to cooperate by their student-athletes.

If, in the opinion of the athletic trainer, a student-athlete should be referred to the team physician(s) or another medical specialist for consultation due to an athletic injury, the following procedures must be followed:

The supervising athletic trainer will make an appointment with the consultant. The student-athlete will fill out the proper paperwork (provided by the athletic trainer) for insurance coverage.

If personal transportation is not available, the supervising athletic trainer will make arrangements for transportation.

NOTE: The Athletic Department will not be responsible for any expense incurred by examination of a consultant if this procedure is not followed.

Athletics Insurance Policies

In addition to services available through the athletic training room, the NCAA and Centenary College provide secondary insurance coverage. However, to maintain eligibility for competition and ensure coverage, all student-athletes must adhere to the following policies and regulations concerning examinations, injuries, hospital stays, and insurance coverage.

- **All student-athletes are required to have medical insurance coverage and must present proof of said insurance (card or photocopy of insurance policy) that covers athletically related injuries. Any changes in the insurance coverage must be reported to the athletic training room with proof of insurance. Until proof of insurance is provided and verified by Centenary College, athletes will not be allowed to participate in any athletic activities.**
- Centenary College insurance is **secondary** to the student-athlete's primary insurance coverage.
- The secondary insurance provided by Centenary College covers injuries that occur during regular season practice/competition/nontraditional season practices. *Injuries that occur outside of those parameters including, pick-up games, WAC classes, and/or strength and conditioning activities, will not be covered by the secondary insurance policy.*
- The student-athlete (Parent/Guardian) is responsible for all deductibles, co-pays, co-insurance, and/or out-of-pocket expenses.
- All student-athletes are required to notify the Athletic Training Staff of any changes in insurance policy within the academic school year. Failure to do so will result in a denied claim which Centenary College will not be held responsible for.
- Centenary College is not responsible for any medical expenses for any student-athlete who seeks a medical professional without the proper *Secondary Insurance Claim Form* being filled out by our Athletic Training Staff. The Athletic Training Staff must approve all doctor and specialists visits. The student-athlete will receive the *Secondary Insurance Claim Form* to present to EVERY doctor, specialist, therapist, etc. In order to receive benefits the student-athlete must have this form. All Explanation of Benefits forms, itemized receipts, and bills must be submitted to the athletic trainer for processing.
- Prior surgeries, ailments, or injuries are not covered under the Centenary College secondary insurance policy. The coverage is only new injuries that occurred as a result of competition and practice during the official Centenary sports season.
- The Athletic Trainer must approve all doctor and specialists visits. The student-athlete will receive an insurance form to present to EVERY doctor, specialist, therapist, etc. In order to receive reimbursement the student-athlete must have this form. All Explanation of Benefits forms, itemized receipts, and bills must be submitted to the athletic trainer for processing.

- Student-athletes who have sustained any injuries one year prior to being a team candidate are required to report these injuries to the head athletic trainer or team physician(s).
- Student-athletes who have had any infectious diseases or other serious illnesses including surgical problems during the previous calendar year must report these problems to the supervising athletic trainer and team physician(s) prior to participation in practice or competition.
- Failure to report previous injuries or illnesses relieves Centenary College of all liability, in the event that the student-athlete sustains a subsequent injury or re-injury to the affected part, provided the original injury was a contributing factor to the subsequent injury in the opinion of the team physician(s).
- Loss of one of any paired organ (i.e. eye, kidney, testicle, etc.) shall disqualify one from participating in any intercollegiate team sponsored by the Athletic Department unless the team physician(s) deems otherwise and so states in writing in which sports the student-athlete may participate.
- All returning student-athletes will notify the Athletic Trainer of past injuries and problems that could affect athletic participation. If in the opinion of the athletic trainer, the team physician(s) should further examine the student-athlete, then a referral will be made at that time.
- Expenses associated with other injuries and all general illnesses (medications, laboratory work, etc.) are the responsibility of the student-athlete and his/her parents or guardians.

If the student-athlete and/or the parent(s), guardian(s), and/or spouse prefer to seek other medical care of their choice, the following guidelines apply:

- The Athletic Department will assume no financial responsibility for any expenses incurred.
- The Athletic Department will not render any follow-up medical care.
- The Athletic Department will not allow the student-athlete to participate until the following conditions have been met:

The Athletic Department receives a detailed written report and other required medical records from the attending physician. This must include a written release for practice and/or competition within the student-athlete's specific sport.

The student-athlete has demonstrated full skills and abilities necessary to compete in their selected sport as deemed appropriate by the athletic training staff and coach.

The student-athlete seeks and passes a pre-participation physical examination by the team physician(s) if deemed necessary by the team physician(s) and/or Head Athletic Trainer.

- The Athletic Department is not responsible for expenses incurred from physician consultants for the purpose of a second opinion when requested by the student-athlete and/or parents, guardian, and/or spouse.
- **Centenary College is not responsible for any medical expenses for any student-athlete not covered by primary medical insurance. If the individual's primary medical insurance lapses, the secondary insurance will not cover any expenses.**

Remember: All athletes must have their health insurance/policy verified and cleared **BEFORE** they can participate in any athletic activities, including practice.

Claim Procedures:

Upon initial injury if it is deemed necessary for an athlete to be referred to our Team Physician, an appointment will be made by the Athletic Training Staff with our Team Physician, Dr. R. Shane Barton with Willis Knighton Orthopedic and Sports Medicine. Provided for you is a profile on his practice.

A *Secondary Insurance Claim Form* will be filed with the Athletic Training Staff.

At the doctor appointment the Athlete will need to bring:

Their Primary Insurance Card.

The Secondary Insurance Card provided by the Athletic Training Staff.

The *Secondary Insurance Claim Form* provided by the Athletic Training Staff.

The Athletic Training Staff will submit the *Secondary Insurance Claim Form* to NAHGA Claim Service via:

NAHGA Claim Services
PO Box 189 - 88 Main Street
Bridgton, Maine 04009
(877)-497-4980
(207) 803-2659 Direct Line
(207) 647-4569 fax

Once claims are submitted an *Explanation of Benefits (EOB)* will be sent to the student-athlete or Parent/Guardian as well as an *itemized bill*. This EOB and itemized bill should be sent to the Claim Representative listed above, Jessica. The student-athlete has the responsibility to sending in this information along with any bills received.

Pregnancy Policy

A pregnancy policy has been established for the protection of female student-athletes and is as follows:

Any woman who is pregnant will not be allowed to participate in contact sports after her third month of pregnancy. The first three months are contingent upon attending physician approval that must be presented in writing. Any woman who is pregnant will be allowed to participate in non-contact sports through her sixth month of pregnancy as long as she

presents a written statement of approval from her attending physician. Any woman who ends a pregnancy must have a release from her attending physician stating approval to return to competition and must be cleared by the team physician(s).

Banned Drugs

Each year, the NCAA publishes an official list of banned drugs. The list is provided to each student-athlete and is always accessible via the NCAA website. Each year, prior to participation of any kind, student-athletes must consent to participation in the NCAA Drug Testing Program. Failure of or failure to participate in an NCAA Drug Test will result in the student-athlete being declared ineligible for competition for one calendar year. After one calendar year, the student-athlete will be retested. A negative test will result in the immediate reinstatement of eligibility. A positive test will result in the permanent loss of eligibility at any NCAA member institution. Questions about the permissibility of any controlled or over the counter substance should be directed to the athletic training staff.

2016-17 NCAA BANNED DRUGS AND SUPPLEMENTS

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following classes of drugs:

1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and
8. Beta-2 Agonists.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

1. Blood Doping;
2. Gene Doping;
3. Local Anesthetics (under some conditions);
4. Manipulation of Urine Samples; and
5. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. **Any product containing a dietary supplement ingredient is taken at your own risk.**

Check with your athletics department staff prior to using a supplement.

Examples of NCAA Banned Substances in Each Drug Class

Note to Student-Athletes: There is NO complete list of banned substances.

Do not rely on this list to rule out any label ingredient.

1. **Stimulants:** Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine (DMAA); methylphenidate (Ritalin); synephrine (bitter orange); methylhexanamine, “bath salts” (mephedrone); octopamine; DMBA; phenethylamines (PEAs); etc. Exceptions: phenylephrine and pseudoephedrine are not banned.
2. **Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):** Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine; stanozolol; stenolone; testosterone; trenbolone; SARMS (ostarine); etc.
3. **Alcohol and Beta Blockers (banned for rifle only):** Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
4. **Diuretics (water pills) and Other Masking Agents:** Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
5. **Street Drugs:** Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)
6. **Peptide Hormones and Analogues:** Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.
7. **Anti-Estrogens:** Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7, 17-dione), etc.
8. **Beta-2 Agonists:** Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (REC) at 877-202-0769 or www.drugfreesport.com/rec password: ncaa1, ncaa2, or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

OTHER IMPORTANT INFORMATION

Complimentary Admissions

Under NCAA rules, each student-athlete may designate up to four people to receive complimentary admissions through a pass list for each contest in the sport in which he or she participates. All guests receiving complimentary admissions will be required to present valid identification. You may not sell your complimentary admissions or exchange them for any item of value. Do not provide tickets or complimentary admissions to agents.

You should be reminded that all Centenary College students, faculty and staff receive free admission to all institutional athletic events held on the Centenary College campus with a valid Centenary I.D.

To ensure you take advantage of the complimentary admission program while complying with NCAA, ASC, and institutional regulations, you are requested to do the following: Prior to each home competition, your head coach will require your team to complete the Complimentary Admission List. At that time place the four persons you wish to receive complimentary admission to the list. These four persons are required to show proper identification and sign for admittance into the contest. It is YOUR RESPONSIBILITY to make sure that your guests understand the rules and are prepared to comply.

Sanctions

Student-athletes who are found to be in violation of college or department policy may be subject to disciplinary action over and above that imposed by law enforcement and/or the regular disciplinary authority at Centenary (i.e. Honor Court, Dean of Student Life). Each case will be decided individually. Examples of sanctions include, but are not limited to:

1. Verbal reprimand
2. Verbal or written warning
3. Suspension from practice or games
4. Dismissal from the team

Student-athletes who wish to appeal a departmental sanction may do so by requesting, in writing, a hearing with the appeals committee. Said committee will consist of the Athletic Director, Senior Woman Administrator, Compliance Coordinator, and Faculty Athletics Representative, or other staff members if conflicts arise with coaches that have administrative duties.

Faculty Athletics Representative

The NCAA Faculty Athletic Representative (FAR) is Dr. David Hoass, Professor of Economics. He can be reached at dhoass@centenary.edu or by phone at 318-869-5148. Dr. Hoass serves

as a bridge between the Department of Athletics and the faculty of Centenary College. He is available to talk with students about concerns related to the academic and athletic experiences.

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

Mission Statement

The mission of the Centenary Student-Athlete Advisory Committee (SAAC) is to enhance the overall student-athlete experience by promoting diversity and opportunity for all student-athletes, protecting student-welfare, and fostering a positive campus view of student-athletes. All of this is to be done while following the principles of the philosophy statements of Division III, the Southern Collegiate Athletic Conference, and Centenary College.

1. **Centenary Student-Athlete Advisory Committee:** The role of the SAAC is to give the student-athlete a voice in the policy-making process of the athletic department.
 - a. The SAAC will serve as a liaison between the student-athletes and the athletic department administrators. The SAAC will be the “voice” in addressing concerns and discussing issues impacting the welfare of Centenary’s student-athletes.
 - b. The SAAC will represent student-athlete interests in student government and institutional government in an effort to be agents of change on our campus.
 - c. The SAAC will receive information on and explanation of NCAA, Division III, and SCAC activities and legislation, and shall review and react to topics referred to it by the Intercollegiate Athletics Committee (IAC) and by administrators.
2. **Membership:** The Centenary SAAC shall be composed of two team members from each of our sports that are in good academic standing.
 - a. Selection is left up to the individual coaches, but may be determined by a team vote, captaincy, or just by the general opportunity for additional leadership growth.
 - b. It is the responsibility of each team member, to make sure the selected representatives are attending the meetings and voicing individual ideas, concerns, and feelings as well as those of the entire team.
3. **Meetings:** The SAAC shall meet on the first Thursday of every month while school is in session. The chair or the advisor may call additional meetings at any time.
 - a. Attendance: If a student-athlete cannot attend they can request a fill-in from within their program. A student-athlete that misses consecutive meetings will be replaced.
4. **Officers:** The officers of the SAAC shall be President, Vice President, and Secretary.
 - a. Determination of Officers: The President and Vice President shall be selected by a two-thirds affirmative vote of all current members. These two positions shall alternate male/female every other year. The other two positions of Secretary and VP for Outreach will be determined by nomination and also a two-thirds affirmative vote.
 - b. Campus Duties of the Officers: The President will chair the meetings of SAAC and will be invited to serve as a member of IAC and CTS. The Vice President will assist the President in running meetings and will assume the duties of the

President in case of his/her absence from the meeting. The Secretary will produce minutes for every meeting that will be provided to all members, advisors, and to the Director of Athletics and Wellness. The VP for Outreach will be responsible for connecting the SAAC to outside organizations with which to serve volunteer hours and engage in activities with. The President and Vice President will be used when deemed appropriate by our FAR in the interview process to fill open staff positions.

- c. Other Duties of the Officers: When it is appropriate, the President and Vice President will represent Centenary as members of the SCAC SAAC. Further, the Chair will be the Centenary representative when we appear on the SCAC SAAC Officer Rotation Schedule.

5. **Advisors:** The current advisor is Adam Walsh, Head Men's Basketball Coach.

FELLOWSHIP OF CHRISTIAN ATHLETES (FCA)

The FCA is touching millions of lives one heart at a time. Since 1954, the FCA has been challenging coaches and athletes on the professional, college, high school, junior high, and youth levels to use the powerful medium of athletics to impact the world for Jesus Christ. FCA is the largest interdenominational, school-based, Christian sports organization in America. FCA focuses on serving local communities by equipping, empowering, and encouraging people to make a difference for Christ.

The FCA Mission is to present to athletes and coaches and all whom they influence, the challenge and adventure of receiving Jesus Christ as Lord and Savior, serving Him in their relationships and in the fellowship of the church.

The FCA Vision is to see the world impacted for Jesus Christ through the influence of athletes and coaches.

Specifically on the Centenary campus, FCA's heart is to serve athletes and coaches and provide a family atmosphere once a week where the pressures of school and college athletics can fade away and their walk with Christ can be encouraged and nurtured.

The FCA huddle at Centenary meets one night a week in Kilpatrick Auditorium. The night is typically Wednesday, but that may be subject to change each semester. At each meeting you will find food, games, great worship and Biblical teaching!

Centenary College FCA Sponsor: Nicole and Adam Walsh